



ACTIVE OLDER ADULT PROGRAMMING

SANDS FAMILY YMCA | JANUARY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Noon
Euchre 2

Noon to 1:30pm 3
First Friday Event: AOA
New Years Party
2pm
Pitch

12:30 pm 6
Mexican Train Dominoes

10am to Noon 7
Maker's Space
10am to Noon
*Knitting 101
Noon
Euchre

8-10am 8
Senior Basketball (55+)
Noon
Mah Jong

Noon 9
Euchre

12:30 pm 10
*Lunch Bunch - Wegmans
Cafe
2pm
Pitch

Noon 13
Craft Planning Meeting
12:45 pm
*Craft: Neuographic Art

10am to Noon 14
Maker's Space
Noon
Euchre

8-10am 15
Senior Basketball (55+)
Noon
Mah Jong

Noon 16
Euchre

12:30 pm 17
*Felt Ornament
2pm
Pitch

12:30 pm 20
Book Club: The Guernsey
Literary and Potato Peel Pie
Society by Mary Ann Shaffer
and Annie Barrows

10am to Noon 21
Maker's Space
10am to Noon
*Knitting 101
Noon
Euchre

8-10am 22
Senior Basketball (55+)
Noon
Mah Jong

Noon 23
Euchre

12:45 pm 24
CRP Demo by the Sands
Aquatic Department
2pm
Pitch

12:30 pm 27
Sit 'n Stitch

Noon 28
Euchre

8-10am 29
Senior Basketball (55+)
Noon
Mah Jong

Noon 30
Euchre

12:30 pm 31
*Waldorf Paper Stars
2pm
Pitch

*Notes that registration is required.

Email sandi.heacock@rochesterymca.org with any questions, interests or talents



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EVENT DESCRIPTIONS

First Friday Event: AOA New Year's Party
Snacks and a Sparkling Grape Juice toast.

AOA Open Makers Space

The Innovation Station will be open to our AOA Community for 2 hours so you can explore your creative side by learning a new craft/skill or work in a media that you love.

***Craft: Knitting 101**

Come in and learn the basics or refresh your skills.

Senior Basketball (Ages 55+)

Come shoot some hoops and play a few pickup games of basketball.

Train Dominos

Come join us in the Community Room for some Train Dominos.

***Sands AOA Lunch Bunch**

Meet us at the Wegmans Café!

***January Craft: Neurographic Art**

Come and explore your creative side in a new way and create an original piece of art.

***Felt Ornament**

Let's make some felt ornaments! basic sewing/embroidery skills helpful but not required.

AOA Book Club

January's book is *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows.

CPR Demo by the Sands Aquatics Department

Come to the Community Room and learn more about CPR and other emergency situations from our Sands Aquatic Teams.

Sit & Stitch

Come join us for some crafting time on your current project and enjoy time with fellow members and staff. If you are interested in learning a new craft, please email Sandi at sandi.heacock@rochesterymca.org

Mah Jong

The Y has 3 sets. If you have your own set, please consider bringing it. Mah Jong is a traditional Chinese tile-based game that involves skill, strategy, and a bit of luck. Players match tiles to form sets and pairs, aiming to complete a winning hand based on specific patterns and rules.

Euchre

Come enjoy the game. Euchre is a trick-taking game typically played with four players in two partnerships. The game involves a trump suit, and players work to win tricks and achieve the predetermined number of points needed for victory.

High Low Jacks Game Open Play

High-low-jack, also known as Pitch or Setback, is a trick-taking card game where players score points by winning the highest and lowest trumps, the jack of trumps, and either the ten of trumps or the most points.

2025 Walking Challenge Information & Kick Off

Are you ready for our next Walking Challenge? Come learn more about our yearlong challenge and a chance to win a great prize. Tracking Sheets available at Member Services Desk.

***Waldorf Paper Stars**

Come and learn to fold kite paper into stars.

Join the YMCA AOA Facebook Group!
Scan the QR code now and stay
updated on all AOA programming.



Email sandi.heacock@rochesterymca.org with any questions, interests, talents, or program requirements